Culinary Arts Foundations: Week 17

Day 1: Ch. 28 Yeast Breads

- Objective: Describe the characteristics pf quality yeast bread products. Determine how to properly make yeast bread products. Identify terms used with the baking of yeast breads.
- Starter #5: pg. 634 "The Origins of Yeast Doughs" How where the first yeast breads believed to have been made"
- Assignment:
  - Ch. 28 Study Guide: Yeast Breads pg. 631-635

Day 2: Lab: Yeast Bread Pretzels (Threshold)

- Objective: Demonstrate ability to properly make pretzels using yeast.
- No Starter
- Assignment:
  - Lab: Yeast Pretzels

Note: Have comparison lab changing the amount of yeast used and the temperature used when making the pretzels.

Day 3: Eat and Evaluate Pretzels

- Objective: Determine the reactions of yeast when the temperature is too hot or too cold on the finished product.
- No Starter
- Assignment:
  - Yeast Pretzel Evaluation
  - Lab Plan Cinnamon Rolls/ Carmel Pecan Rolls

Day 4: Sweet Roll Lab: Day 1

- Objective: Demonstrate ability to properly make yeast bread sweet rolls.
- No Starter
- Assignment:
  - Yeast Bread Sweet Roll Lab

Day 5: Sweet Roll Lab: Day 2

- Objective: Demonstrate ability to properly make yeast bread sweet rolls.
- No Starter
- Assignment
  - Yeast Bread Sweet Roll Lab

Note: Freeze unbaked rolls to bake on Monday for students to eat.

Extras:

- Yeast Dough Production Study Guide
- Bakeshop Ingredients Crossword Puzzle
- Group Assignment: Baking

Name_____ Date_____ Period____

Ch.28 Study Guide
Yeast Breads and Rolls pg. 631-635

1.) What is a dough and the ingredients of a dough? _____
_____
_____

2.) Yeast leavens or _____ as it fills with _____ bubbles. What is this process called? _____

3.) Gluten along with wheat proteins gives bread _____.

4.) What is the formation of gluten controlled by? _____
_____
_____

5.) Define peel: _____
_____

6.) What are the three most commonly used yeast in baking?
_____
_____
_____

7.) Too much or too little yeast will effect the yeast _____.

8.) At temperatures below 34°F yeast growth _____.

9.) Temperatures above 138°F _____.

10.) The ideal temperature range of yeast is _____ to _____.

11.) What happens to yeast as it ages? _____

12.) Should you use yeast if it has past its expiration date? _____

13.) Define starter: _____
_____
_____

14.) Using the chart on pg. 633 list two functions for each of the following ingredients.

Flour: _____
_____

Salt: _____
_____

Sugar: _____
_____

Fat: _____
_____

Milk Solids: _____

_____

Water: _____

_____

Yeast: _____

_____

15.) Regular yeast doughs are prepared by combining yeast _____

_____

16.) Hard lean dough consists of _____ to _____ % fat and sugar.

17.) Hard lean doughs are the most _____ yeast doughs.

18.) What type of product does hard lean dough yield? _____

_____

19.) What type of product do soft medium doughs yield? _____

20.) The percentage of fat and sugar in soft medium doughs is ____ to_____%.

21.) Sweet rich dough incorporates up to _____% fat and sugar.

22.) Why might you be tempted to add more flour when working with sweet rich dough? _____

_____

23.) What would happen if you did add to much flour to the dough? _____

24.) Give an example of a product for each of the following dough.
Hard Lean Dough: _____ (Fig. 28-4)
Soft Medium Dough: _____
Sweet Rich Dough: _____

25.) Explain the how rolled-in fat yeast doughs are different and the process of making them._____

_____

_____

_____

_____

_____

_____

_____

Define the following terms.

1.) Preferment: _____

2.) Kneading: _____

3.) Let Down: _____

4.) Punching: _____

5.) Bench Rest: _____

6.) Shaping: _____

7.) Panning: _____

8.) Proofing: _____

9.) Slashing: _____

10.) Docking: _____

11.) Oven Spring: _____

Pretzels

1 pk dry yeast
1 ½ c. warm water
1 Tablespoon sugar
½ teaspoon salt
1 egg
4 c. flour

Preheat oven to 400. Mix all ingredients, except for flour, well. Add flour gradually. Knead until smooth. Cut off small piece of dough. Roll and form into pretzel. Salt, if desired. Bake for 15 minutes on a greased cookie sheet.

*if making ornaments for tree, let pretzels dry and spray with clear spray paint.

Name _____ Date_____ Period_____

Yeast Pretzels Evaluation

	Taste	Appearance	Texture
Yeast Pretzels			

1.) What is the "240 Factor"? (pg. 639) _____

_____

_____

2.) What 4 factors affect dough temperature? (pg. 639)

- _____
- _____
- _____
- _____

3.) Once a yeast dough product is removed from the oven it must be cooled and stored properly to maintain the highest possible quality. List the 3 steps for cooling (pg. 648)

- _____
- _____
- _____

4.) List the 3 procedures for slowing the staling process of yeast breads (pg. 649)

- _____
- _____
- _____

Thinks.com

http://thinks.com

Bread Word Seach

Find the words in the list hidden in the puzzle grid below.

H E L E Z T E R P D A N S N N
E E D K Y T A E H W N H N I U
I K A A C T H L S T A A S E L
C R A L E N N W T P N I L H E
T O G B T N S E I K A E C T K
F L R N B H K N C R B N E D C
L L C N I R G G K S E L E T I
O S R N M F I D S R E K N C N
U N U G D E O O F T C R N R R
R T M L O S A O C A S T C U E
E G P U U F U L R H S A A S P
Y R E T G A T C N P E D E T M
R A T E H O E C I L S L E Y U
E I S N I L M I X T U R E E P
S N R C H E E S E E T I H W S

Bake
Banana
Brioche
Cheese
Cornmeal
Cracked
Crescent
Crumpets
Crust
Dough
Flour
French
Gluten
Grain
Health
Knead
Loaf
Mixture
Nut
Pretzel
Proofing
Pumpernickel
Raisin
Rolls
Rye
Seeds
Shaping
Slice
Sticks
Wheat
White
Yeast

Click here to print this puzzle Playable Web Page View Solution

Cinnamon Rolls/Caramel Pecan Rolls

Ingredients:

3 ¼ c. all-purpose flour
2 ½ Tbsp. sugar
½ sp. salt
1 pkg. yeast
½ c. water
¼ c. milk
2 ½ T. margarine
1 egg room temperature

Day 1:

_____ 1.) Set aside ½ c. flour.
_____ 2.) In a medium bowl, stir together remaining flour, sugar, salt and yeast.
_____ 3.) Heat water, milk and margarine in a small saucepan to 115-130°F. (Remember if the temperature is high it will kill the yeast)
_____ 4.) Stir liquid into dry ingredients.
_____ 5.) Beat egg in a small mixing bowl.
_____ 6.) Stir in egg and only enough of reserved flour to make a soft dough.
_____ 7.) On a lightly floured surface, knead until smooth and elastic--- about 8-10 minutes.
_____ 8.) Place dough in bowl, lightly cover the dough with oil to prevent drying out and refrigerate.

Measure Ingredients for Day 3:

Cinnamon Rolls
2 Tbsp. margarine
¼ c. brown sugar
1 tsp. ground cinnamon

Caramel Pecan Rolls
2 Tbsp. butter
¼ c. sugar
½ tsp. ground cinnamon
1/3 c. brown sugar
2 Tbsp. Margarine
1 Tbsp. light corn syrup

Day 2:

___ 1.) On a lightly floured surface, roll dough to a 14x8 in. rectangle.
_____ 2.) Brush dough with 2 Tbsp. of melted margarine.
_____ 3.) Add filling as directed below for cinnamon or caramel pecan rolls. SEE BELOW
_____ 4.) Roll up from long side and seal seams.
_____ 5.) Cut roll into 12 equal pieces. (use thread)
_____ 6.) Arrange cut side up, in a greased 9 in. layer cake pan.
_____ 7.) Cover loosely with plastic wrap. Let rise in a warm draft free place until double in size--- about 55 mi

Cinnamon Rolls
2 Tbsp. margarine melted
¼ c. brown sugar
1 tsp. ground cinnamon
1/3 c. raisins (optional)

1.) Brush melted margarine over rolled out dough.
2.) Combine sugar and cinnamon and sprinkle over rectangle.
3.) Sprinkle over raisins

Caramel Pecan Rolls
2 Tbsp. margarine melted
¼ c. sugar
½ tsp. ground cinnamon

1/3 c. brown sugar
2 Tbsp. margarine
1 Tbsp. light corn syrup
½ c. chopped pecans

1.) Brush melted butter over rectangle.
2.) Combine sugar and cinnamon and sprinkle over rectangle.
3.) Heat together brown sugar, margarine, corn syrup just until margari is melted. Distribute evenly in 9 in. cake pan.
4.) Sprinkle pecan over brown sugar mixture in bottom of cake pan.

Day 3: Uncover and bake at 375°F for 25-30 minutes until golden brown.

Name_____ Date_____ Period_____

Yeast Bread Lab Evaluation

Directions: As you taste the cinnamon rolls please evaluate the following information and answer the question about your lab performance. You must use descriptive words or you will not receive points.

	Taste	Appearance	Texture
Cinnamon Rolls			

1-5.) Using the chart identify what problem areas you had with your product and possible causes of the problem.

Product Failure	Possible Cause	Your Dough
Poor Shape	• Too much liquid in dough • Improper shaping of dough • Incorrect proofing • Too much steam in oven	
Blisters on Crust	• Too much liquid in dough • Improper fermentation	
Top Crust Separates from Bread	• Loaf poorly shaped • Top not slashed • Dough dried out during proofing • Lack of moisture in oven	
Large Holes in Crumb	• Too much yeast • Over kneaded dough • Inadequate punching of dough	
Poor Flavor	• Improper fermentation • Inferior, spoiled, or rancid ingredients.	

6.) A sweet rich dough incorporates up to 25% or both _____ and _____. (pg.635)

7.) To get rid of air bubbles or pockets what should you have done before you rolled out your dough? _____

8.) What four things does punching accomplish? (pg. 642)

_____

_____

_____

_____

9.) Where did we put the dough to help it rise? _____ What does this do? _____

_____ g.645

10.) What was the most important thing you learned from this lab? _____

_____

_____

11.) Would you have done anything differently for this lab? Why/Why not? _____

_____

_____

12.) How well did your group work together in completing this lab? _____

_____

_____

Name_____ Date_____ Period_____

Yeast Dough Production
Pg. 637-649

1.) There are three basic methods of mixing yeast dough ingredients.

A. Straight Dough Method: *Call for mixing all the ingredients together in a _____ _____.
***Yeast begins acting on the ingredients _____.**

B. Modified Straight Dough Method: *Breaks the straight dough method into _____.
***These steps allow for more even distribution of _____ and _____ throughout the dough.**
*** Commonly used when preparing _____ _____.**

C. Sponge Method: * Allows yeast to develop _____ before it is mixed with the other ingredients.
*** This method results in more intense _____ and a lighter, airy texture.**

2.) Scaling Ingredients:
*** Too much or too little of and ingredient will affect _____, _____, and _____.**

3.) Mixing and Kneading:
*** When you mix dough ingredients thoroughly it ensures even _____, _____, and _____.**
***Kneading means to work dough until it is _____ and _____.**

4.) Fermentation: is the process by which yeast converts the sugars in dough into _____ and _____.
*** Gases that are trapped in the gluten cause _____.**
*** Fermentation is completely done when the dough has approximately _____ _____.**

5.) Punching:
*** Punching accomplishes four important actions:**

_____
_____
_____
_____

6.) Dividing Dough:
*** To divide dough use a _____ _____.**
*** Keep the large mass of dough covered as you work so its surface does not _____ _____.**

7.) Rounding Dough:
*** Rounding dough provides it with a skin to prevent the loss of too much _____ _____.**
*** If the dough is not rounded, it will rise and bake _____, with a _____ or _____ _____.**

8.) Bench Rest:
*** Allows the gluten to _____.**
*** The dough becomes lighter, softer and easier to _____.**

9.) **Shaping Dough**: forms the dough into distinctive shapes associated with yeast products.

*List the first four guidelines when shaping dough:

_____

_____

_____

_____

10.) **Panning Dough**: or placing in the correct type of pan.

11.) **Final Proofing**:

* Allows the leavening action of yeast to achieve its final strength before yeast cells are _____ by _____.
* Requires temperatures of _____ to _____. Humidity levels of _____ to _____.
* Most doughs are fully proofed when finger pressure leaves and _____.
* Fully proofed items are slightly less that _____ _____ _____.

12.) **Washing, Slashing and Docking**:

* Washing is applying a thin glaze of liquid to the dough's surface before baking
* Washing can _____ or _____ the crusts color, and make the surface _____ and _____.
* Slashing: making shallow cuts in the surface of item, just before baking.
* Helps _____ escape.
* Docking: process of making small holes in the surface of an item before baking.
* Docking allows _____ to escape and promotes _____.

13.) **Baking Yeast Dough:**

*Oven temperature and baking time are determined by 5 factors:

_____

_____

_____

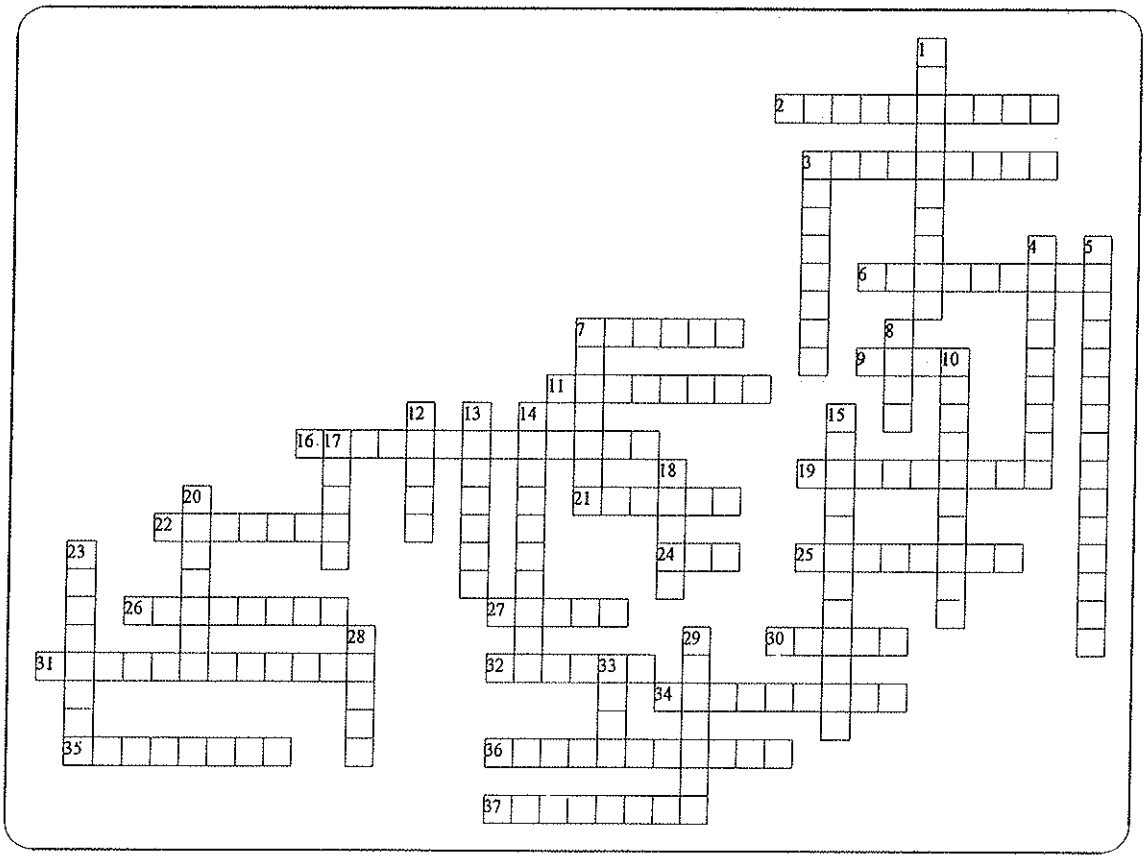
_____

_____

14.) **Stages of Baking**:

* Oven spring will not occur if there is too much _____, not enough _____, or if the dough was _____.
* At this the stage the dough is very soft and will collapse if _____.
* Finishes products have an internal temperature of _____.

Bakeshop Ingredients: Ch. 27.2 Name:_____



Across:

2 - a type of yeast sometimes called fresh, moist and must be refrigerated

3 - used in the bakeshop to color, thicken, provide texture and replace fat in baked products

6 - because of thier protein content eggs give _____ to baked products

7 - eggs add distinct _____ to baked goods

9 - during baking _____ surround the flour particles and prevent long strands of gluten from forming; tenderizes the baked product

11 - mixing or folding two or more ingredients together until they are evenly combined

16 - a process in which hydrogen is added to polyunsaturated fats, such as soybean

Down:

1 - creates a golden brown color, stabilizes mixtures, provides food for yeast, retains moisture, tenderizes baked products

3 - this happens when eggs are beated, they trap air that expands when heated

4 - also called instant yeast, its leavening agent is much quicker, speeding the rise of dough

5 - a substance that causes a baked good to rise by introducing carbon dioxide or other gases into the mixture

7 - gently adding light, airy ingredients such as eggs to heavier ingredients

8 - ingredient that adds flavor and brings out the flavor of other ingredients; slows down and controls fermentation in yeast products

10 - what solid fats are referred to in

oil, which changes it into a solid fat
19 - type of yeast has had most of its moisture removed by hot air, which puts the yeast "asleep"; must be reactivated in liquid that is 100 F - 110 F
21 - a firm, elastic substance that affects the texture of baked products; formed from the proteins in flour
22 - most common used are water, milk and cream; adding too much or too little will affect the outcome of the baked product
24 - an important leavening agent, angel food cake is an example of a baked product that relies in this
25 - working dough by hand or in a bench mixer to develop gluten and evenly distribute ingredients
26 - vigorously beating ingredients to add air
27 - a mixture that contains less liquid than batters, making ut easy to work with your hands
30 - mix solid fat with dry ingredients until lumps of the desired size remain
31 - made up of baking soda, an acid such as cream of tartar and a moisture absorber such as cornstarch; releases gas when added to liquid and when heated
32 - a semiliquid mixture that contains almost equal parts of dry and liquid ingredients, such as flour, eggs and milk
34 - type of flour lower in protein that bread or pastry flour, produces a softer more tender product
35 - gently blending ingredients until thier combined
36 - egg yolks have natural _____ that help blend ingredients smoothly
37 - vigorously combining softened fat and sugar to add air

baking
12 - egg yolks add a rich yellow _____ to baked products
13 - agitating ingredients vigorously to add air or develop gluten
14 - sodium bicarbonate, chemical leavening agent that must be used with an acid to give off gas
15 - the process in which yeast breaks down sugars into carbon dioxide gas and alcohol, which are necessary for the rising process in products, such as bread
17 - a living organism
18 - another important leavening agent, created when water is heated and evaporates; puff pastries
20 - passing dry ingredients like flour through a wire mesh to remove lumps, blend and add air
23 - concentrated liquid flavors that contain alcohol, such as lemon and vanilla, that are used as flavorings
28 - the internal texture of a baked product
29 - the process by which moisture is lost, causing a change in the texture and aroma of food
33 - the second most important ingredient in baked products

Name_____ Date_____ Period____

Group Assignment: Baking

Directions: In groups you will be assigned a specific topic related to baking. You are to research the content using the textbook and if you would like additional resources. With your group think of a creative way to present the information you are assigned. You can create a poster board, do a demonstration, make a skit, sing a song, do an assignment (crossword, word search, notes) etc. You are responsible for presenting this information to the class and will be tested on it. During the presentation you will take notes on

Point Values:

- Creatively presented the information=10pts.
- Presented (accurately) information assigned=10pts
- Presentation= 5 pts.
- Notes= 10 pts.
- **Total=35 pts.**